

SMOKE PRECAUTIONS

The San Bernardino County Department of Public Health urges everyone living and working in smoke areas to take precautions to avoid irritation from the smoke. The following is a list of recommendations:

All individuals living near smoke areas should avoid prolonged exposure outside:



- Stay indoors if possible (walking to the car, going to the store, etc is OK).
- **Routine MASK use is not recommended**
- Avoid heavy exercise or outside activity
- Drink lots of water!
- Keep windows shut, air vents closed in house and car.
- People with heart conditions or chronic lung disease (asthma, emphysema, and bronchitis) should make sure they have appropriate medications available and should consult with their physicians regarding preventive care.

REMEMBER... MASKS ARE NOT ROUTINELY NECESSARY! Most masks may filter out ash but DO NOT protect against chemicals and microscopic agents. Masks that are available to the public will not help you in this situation!

For more information call the San Bernardino County Department of Public Health
Epidemiology Program at (909) 383-3050